

FIFTEEN TO THRIVE

G R A T I T U D E



1 MIN

Invite the Holy Spirit into your time with God and pause to recognize his presence with you.



2 MIN

Carefully look back over your day being guided by the Holy Spirit.

Let your day replay like a movie in your mind.



3 MIN

Recall the good things that happened to you, or that you experienced, during your day.

Direct your prayer to God giving thanks for those moments. Pay attention to your emotions. They are a gift!



4 MIN

Recall any moments that you acted contrary to God's voice inside of you, where you didn't cooperate with God or weren't Christ-like.

Ask for forgiveness and reconcile with anyone you may have hurt.

Pay attention to your emotions.



5 MIN

Ask God for the grace you need for the next day and the ability to see God's presence more clearly.

Bonus - Set a timer for 5 minutes and journal a list of what you're thankful for. Try not to list something more than once. Do this each day this week.